



SAFETY ADVISOR

JUNE 2015



Imagine the Unimaginable: forgetting a child in a hot car!

HEATSTROKE

Heatstroke is a condition that occurs when the body isn't able to cool itself quickly enough and the body temperature rises to dangerous levels. Children are at great risk for heatstroke because a child's body heats up three to five times faster than an adult's. When the internal body temperature reaches 104 degrees, children's organs start to shut down. And when it reaches 107 degrees, the child can die.

The majority of the time, 82 percent, the parent doesn't realize the child is in the car. This occurs either if the parent forgets the child is in the car, or if the child gains access to the car and becomes trapped (like choosing to hide in the trunk during a game of hide-and-seek). Last year, a child died from heatstroke in a car at least 30 times.

Take Action

We can reduce the number of deaths from heatstroke by remembering to **ACT**.

A: Avoid heatstroke-related injury and death by never leaving your child alone in a car, not even for a minute. And make sure to keep your car locked when you're not in it so kids don't get in on their own.

C: Create reminders by putting something in the back of your car next to your child such as a briefcase, a purse or a cell phone that is needed at your final destination. This is especially important if you're not following your normal routine.

T: Take action. If you see a child alone in a car, call 911. Emergency personnel want you to call. They are trained to respond to these situations. One call could save a life.

Fact Sheet

Below is a summary of the information KidSandCars.org has been gathering for over a decade for child vehicular heat stroke deaths:

- 2015: **4 (as of 6/8/15)**
- 2014: **31**
- 2013: **44**
- 2012: **33**
- 2011 : **33**
- 2010: **49**
- 2009: **33**
- The average number of child vehicular heat stroke deaths per year since 1998: **38 (one every 9 days)**

The most dangerous mistake a parent or caregiver can make is to think leaving a child alone in a vehicle could never happen to them or their family.

<http://www.safekids.org/blog/take-action-prevent-heatstroke-you-can-save-life>

<http://www.kidsandcars.org/heatstroke.html>



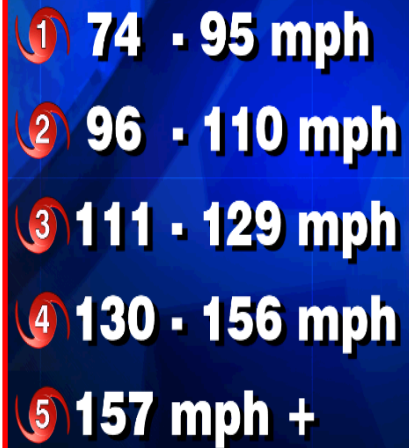
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Hurricane Season Begins

In the late 1960's, Herbert Saffir developed a system to help rate potential damage done by hurricane winds. Mr. Saffir upgraded the scale in the early 1970's while he was a consulting engineer in Coral Gables, Florida, with the assistance of Dr. Robert Simpson, then Director of the National Hurricane Center (NHC). The priority of the rating was based on the speed of the wind, plus estimates of the barometric pressure, as well as the storm surge. Combining all of this information hopefully would give an accurate as possible estimate of the amount of property damage and flooding that is to be expected along a coastal area where the hurricane is predicted to hit land.

The NHC made moves in 2009 to eliminate pressure and storm surge ranges from the categories, transforming it into a pure wind scale.



The scale does not take into account rainfall or location, which means a Category 2 hurricane which hits a major city will likely do far more cumulative damage than a Category 5 hurricane that hits a rural area.

The NHC decided that for its 2010 hurricane season, it would use the experimental Saffir-Simpson Hurricane Wind Scale (SSHWS), which would be based on the Saffir-Simpson Hurricane Scale, but exclude flood ranges and storm surge estimations. The agency cited various hurricanes as reasons for removing the "scientifically inaccurate" information, including Hurricane Katrina and Hurricane Ike which both had stronger than estimated storm surge and Hurricane Charley which had weaker than estimated storm surge.

How Hurricanes are Named

In 1953, the National Weather Service picked up on the habit of Naval meteorologists of naming the storms after women. Ships were always referred to as female, and were often given women's names. In 1979, male names were inserted to alternate with the female names.

Here are the names for the 2015 hurricane season: Ana, Bill, Claudette, Danny, Erika, Fred, Grace, Henri, Ida, Joaquin, Kate, Larry, Mindy, Nicholas, Odette, Peter, Rose, Sam, Teresa, Victor, Wanda.

What happens if we run out of hurricane names? The National Hurricane Center will turn to the Greek alphabet and we'll have Hurricanes Alpha, Beta, Gamma, Delta, etc.



Surviving the Hot Weather

Heat illness includes a range of disorders that result when your body is exposed to more heat than it can handle. The human body is constantly engaged in a life-and-death struggle to disperse the heat that it produces. If allowed to accumulate, the heat would quickly increase your body temperature beyond its comfortable 98.6° F.

Who is at risk?

Heat-related illness can affect anyone not used to hot weather, especially when it's combined with high humidity.

Those especially at risk:

- Infants, young children, elderly, and pets.
- Individuals with heart or circulatory problems or other long-term illness.
- Employees working in the heat.
- Athletes and people who like to exercise (especially beginners).
- Individuals taking certain medications that alter sweat production.
- Alcoholics and drug abusers.

Heatstroke

Heatstroke is the most serious and life-threatening heat-related illness.

In certain circumstances, your body can build up too much heat, your temperature may rise to life-threatening levels, and you can become delirious or lose consciousness. If you do not rid your body of excess heat fast enough, it "cooks" the brain and other vital organs. It is often fatal, and those who do survive may have permanent damage to their vital organs.

Symptoms of heatstroke

- The victim's body feels extremely hot when touched.
- Altered mental status (behavior) ranging from slight confusion and disorientation to coma.
- Conscious victims usually become irrational, agitated, or even aggressive and may have seizures.
- In severe heatstroke, the victim can go into a coma in less than one hour. The longer the coma lasts, the lower the chance for survival.

What to do

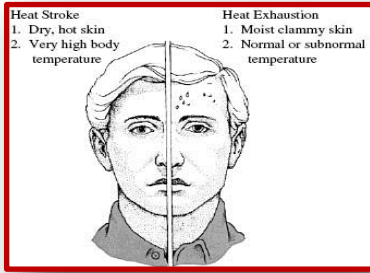
- Move person to a half-sitting position in the shade.
- Call for emergency medical help immediately.

- If humidity is below 75%, spray victim with water and vigorously fan. If humidity is above 75%, apply ice packs on neck, armpits or groin.



Heat Exhaustion

Heat exhaustion is characterized by heavy perspiration with normal or slightly above normal body temperatures. It is caused by water or salt depletion or both (severe dehydration). Heat exhaustion affects workers and athletes who do not drink enough fluids while working or exercising in hot environments.



Symptoms of heat exhaustion include:

- Severe thirst, fatigue, headache, nausea, vomiting, and sometimes diarrhea.
- The affected person often mistakenly believes he or she has the flu.
- Uncontrolled heat exhaustion can evolve into heatstroke.

Other symptoms

- Profuse sweating.
- Clammy or pale skin.
- Dizziness.
- Rapid pulse.
- Normal or slightly above normal body temperature.

What to do

- Sit or lie down in the shade.
- Drink cool water or a sports drink.
- If persistent, gently apply wet towels and call for emergency medical help.

Heat Cramps

Heat cramps are painful muscular spasms that happen suddenly affecting legs or abdominal muscles. They usually happen after physical activity in people who sweat a lot or have not had enough fluids.

What to do

- Sit or lie down in the shade.
- Drink cool water or a sports drink.
- Stretch affected muscles.

Precautionary Measures

- Wear a wide-brimmed hat to keep your head and face cool. This will also provide added protection from damaging sun exposure. Baseball caps provide little protection except to the face. A hat should protect the neck, face and ears.
- Wear a long-sleeved shirt at all times.

It should be light colored and loose fitting except when working around machinery.

- Carry a source of water with you. Take drinks frequently—every 15 minutes.
- Take frequent breaks in the shade or in a cool environment during the hottest times of the day.
- Adjust gradually to working in the heat over a period of 10-20 days.

Conclusion

Many people like to spend time outside in the sun for fun or work. Heat stroke, heat exhaustion, heat cramps, and heat rash are possible when you become overexerted in the heat. Put your health first in order to enjoy the summer.



WATER SAFETY

Florida loses more children under age five to drowning than any other state. Annually, enough children to fill four pre-school classrooms do not live to see their 5th birthday due to drowning.

Florida overwhelmingly has the highest unintentional drowning rate in the nation for the 0 to 4 year old age group with a rate of 7.4 per 100,000 for 2005-2013. Most drowning and near-drowning incidents happen when a child falls into a pool or is left alone in the bathtub.

Safety Tips

- Never leave a child alone near water: at a pool, on the beach, or near a lake or pond. If you must leave, take your child with you.
- Kids don't drown only in pools. Bathtubs, buckets, toilets, and hot tubs present drowning dangers as well.
- Enroll children older than age three in swimming lessons taught by qualified instructors. But keep in mind that lessons don't make your child "drown-proof".
- Always follow posted safety precautions when visiting water parks.
- If you're visiting a public pool, keep an eye on your kids. Lifeguards aren't babysitters.
- Teach your children these four key swimming rules:
 - ◇ Always swim with a buddy.
 - ◇ Don't dive into unknown bodies of water. Jump feet first to avoid hitting your head on a shallow bottom.
 - ◇ Don't push or jump on others.
 - ◇ Be prepared for an emergency.
- Never consume alcohol when operating a boat.
- Always use approved personal flotation devices (life jackets).
- Don't underestimate the power of water. Even rivers and lakes can have undertows.
- ◇ Always have a first-aid kit and emergency phone contacts handy. Parents should be trained in CPR (cardiopulmonary resuscitation).

WEBSITE: <http://miamidade.floridahealth.gov/programs-and-services/wellnes-programs/injury-and-violence-prevention/index.html>



Portable Generator Safety Tips

In an emergency, portable electric generators offer lifesaving benefits when outages affect your home or business. They can safely power important electrical equipment such as portable air conditioning units, computers, water pumps, freezers, refrigerators and lighting. However, portable generator use can also be very hazardous. If you plan on using an emergency generator, it's essential that you take precautions for your safety and the safety of those working to restore power.

The most effective way to avoid portable generator mishaps is to make sure you fully understand the proper operating procedures. Read and follow the manufacturer's guidelines before operating or maintaining your generator – and don't forget to use common sense.

Follow these tips for safe portable generator use:

- Always read and follow the manufacturer's operating instructions before running generator.
- Engines emit carbon monoxide. Never use a generator inside your home, garage, crawl space, or other enclosed areas. Fatal fumes can build up, that neither a fan nor open doors and windows can provide enough fresh air.
- Only use your generator outdoors, away from open windows, vents, or doors.
- Use a battery-powered carbon monoxide detector in the area you're running a generator.
- Gasoline and its vapors are extremely flammable. Allow the generator engine to cool at least 2 minutes before refueling and always use fresh gasoline. If you do not plan to use your generator in 30 days, don't forget to stabilize the gas with fuel stabilizer.
- Maintain your generator according to the manufacturer's maintenance schedule for peak performance and safety.
- Never operate the generator near combustible materials.
- If you have to use extension cords, be sure they are of the grounded type and are rated for the application. Coiled cords can get extremely hot; always uncoil cords and lay them in flat open locations.
- Never plug your generator directly into your home outlet. If you are connecting a generator into your home electrical system, have a qualified electrician install a Power Transfer Switch.
- Generators produce powerful voltage - Never operate under wet conditions. Take precautions to protect your generator from exposure to rain.

WHAT TO DO IF YOUR CAR OVERHEATS

There are many things that can go wrong when driving, overheating is a big one. Many factors can cause a car to overheat, typically low coolant during warm temperatures, long drives and congested traffic are to blame.

If your car overheats, do not drive more than a quarter mile. Have it towed to avoid further damage to the engine.

However, if there is no experienced mechanic or tow truck nearby, follow these simple steps:

- Pull over to a safe location and turn off the engine.
- Do not open the hood until the car has **completely cooled** or the temperature gauge has moved from hot to cool.
- Check the coolant (also called antifreeze) level in the radiator. Look in the owner's manual if you are unsure where the coolant reservoir tank is located.
- Make sure the radiator cap is cool before opening it. Slowly twist it off with a towel and beware of any hot steam. If needed, fill coolant to the top of the radiator. Put the radiator cap back on.
- Be sure the upper or lower radiator hose and any of the heater hoses have not been blocked, disconnected, or burst.
- Restart the engine.
- Carefully monitor the temperature gauge. If you see it crossing the optimal mark, pull over to a safe location and turn the engine off.

While your best bet is to get help from a mechanic, your safest bet is to be prepared. Store these essential items in your car: Coolant, tool kit, working flashlight, non-perishable foods, and water.



Word Search Puzzle

E	S	A	J	B	W	Y	W	J	A	N	U	W	M	C	S	C	E	J	M
H	N	Q	Y	U	E	A	V	G	N	I	S	Z	X	B	A	C	Y	O	M
R	Z	A	E	N	N	T	S	R	E	R	N	A	T	T	L	Q	V	L	Z
N	T	C	C	D	T	X	E	Q	I	E	Y	S	D	G	O	B	E	J	Q
A	C	A	A	I	O	E	M	K	A	N	A	R	B	I	H	E	K	P	J
I	K	D	R	R	R	H	R	W	A	F	M	D	Z	J	C	E	Y	Q	G
H	R	I	G	O	G	R	C	E	E	T	Y	I	J	P	I	D	V	Y	Q
B	H	J	R	S	H	P	U	T	S	G	E	X	N	M	N	R	I	W	V
H	N	F	E	E	P	C	Y	H	I	A	R	N	O	D	E	T	T	E	I
U	U	S	I	T	M	D	U	F	P	O	I	L	K	D	Y	P	S	Q	C
B	R	C	V	P	Y	V	I	M	M	U	L	V	O	M	T	E	L	T	T
E	T	T	E	D	U	A	L	C	Q	I	W	T	B	D	Y	T	M	S	O
E	A	J	B	J	Q	V	E	A	B	F	R	E	D	L	F	E	A	Z	R
L	U	M	C	Q	R	W	O	V	Y	S	T	H	H	P	R	R	S	R	M
J	S	S	M	B	S	J	U	O	I	A	N	L	A	R	R	Y	R	Y	G
L	H	M	S	A	V	U	X	R	U	E	P	M	L	E	X	A	R	M	F
H	J	L	U	U	G	M	N	J	G	W	B	M	W	I	C	T	O	C	H
G	W	B	B	I	C	E	Y	N	N	A	D	J	J	B	X	L	Z	R	O
G	U	G	K	J	H	S	P	J	Y	V	C	L	D	F	E	E	U	N	E
A	H	P	L	A	I	G	O	Y	Q	Z	Z	F	J	F	Y	D	J	D	Q

ALPHA
ANA
BETA
BILL
CLAUDETTE
DANNY
DELTA
ERIKA
FRED

GAMMA
GRACE
HENRI
HURRICANE
IDA
JOAQUIN
KATE
LARRY
MINDY

NICHOLAS
ODETTE
PETER
ROSE
SAFETY
SAM
TERESA
VICTOR
WANDA

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<http://puzzlemaker.discoveryeducation.com/WordSearchSetupForm.asp>
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SAFETY SLOGANS

THEY'LL
SEE YOU
BEFORE
YOU SEE
THEM.

DON'T DRINK & DRIVE.



“Stop really does mean complete cessation of movement!”

**“In addition to being safe, be wise.
Be extra cautious with your eyes!”**

Cheri Kelley

**Public Information Specialist III
District One Communications Office**



Hotline

Safety Hot Line

(850) 414-5255

You can report hazards by telephone.

You can remain anonymous.

Everything is confidential.

Hotline

Hotline

Hotline

Hotline

This monthly newsletter is produced in the State Safety Office by Mark Eacker. For content information, please call or email the editor, Mark Eacker, at:

850-414-4176 / mark.eacker@dot.state.fl.us

Our internet address is: www.dot.state.fl.us/safety

Our intranet address is: Infonet.dot.state.fl.us/safetyoffice/



Safety Advisor Customer Satisfaction Survey

We are interested in your opinion. In order to better serve your needs, please take a moment to fill out this brief questionnaire. Send to:

Fax: 850 414 4221

Via US Postal Service (or inter-office mail) to the address shown below:

**Attention: Industrial Safety
Florida Department of Transportation
605 Suwannee Street, MS 53
Tallahassee, Florida 32399-0450**

Survey Questions	Yes	No
Are the Safety Advisor topics relevant to your day to day job?		
Do you use the Safety Advisor in any manner other than read it?		
What would you suggest to improve the suitability of the Safety Advisor to your needs or to improve the overall quality? (Please be specific)		
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Do you have any questions regarding Industrial Safety programs and/or operations? Please feel free to include your questions or comments.		
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Safety Slogan of the Month Entry Form

You are encouraged to submit safety slogans at any time

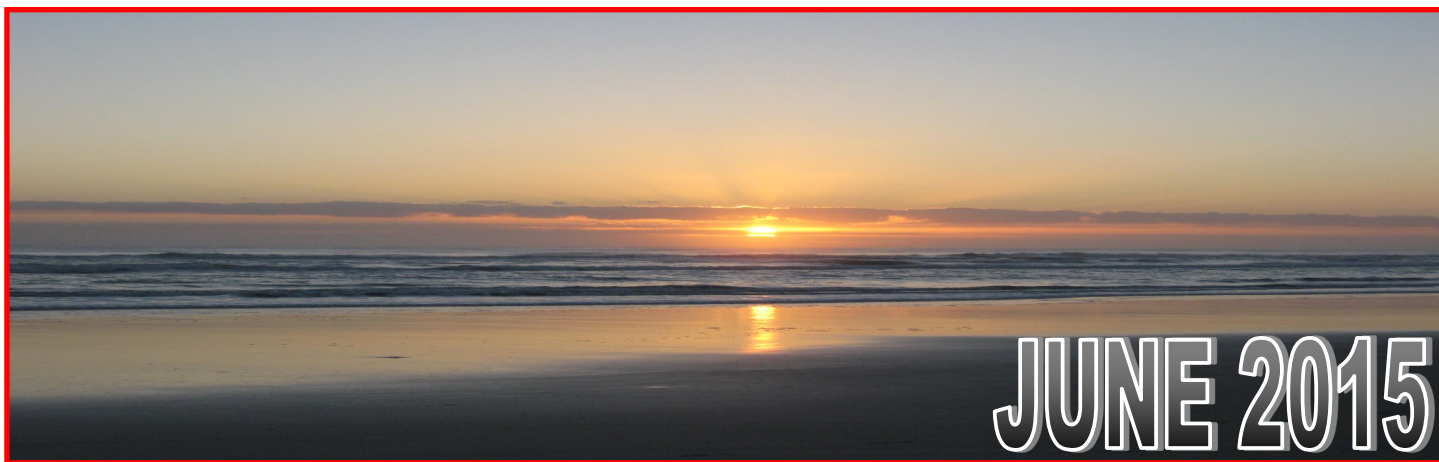
Slogans are judged on originality

**You may also email your slogans to mark.eacker@dot.state.fl.us
In the subject line of your email please write "Safety Slogan Entry"**

Please Print
Safety Slogan

Name: _____ Location/Office: _____

District: _____ Phone: (____) _____



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12 PAY DAY	13
14 FLAG DAY	15	16	17	18	19	20
21 FATHER'S DAY & SUMMER SOLTICE	22	23	24	25	26 PAY DAY	27
28	29	30	1	2	3	4

THE MONTH OF JUNE

June 2015 is Observed as	African-American Music Appreciation; National Caribbean-American Heritage; Great Outdoors Month; Cataract Awareness Month; Men's Health Month; and National Safety Month.
Birthstone	Alexandrite, Pearl, & Moonstone.
Fruit & Veggies for the Month	Cherries; Plums; Aprium; and Okra.
June Flower	Rose.
Astrological Signs	Gemini (till 20th) & Cancer (beginning 21th).
Other May Dates & Events	June 8: World Oceans Day; June 14-20: National Flag Week; and June 23 National Pink Day.